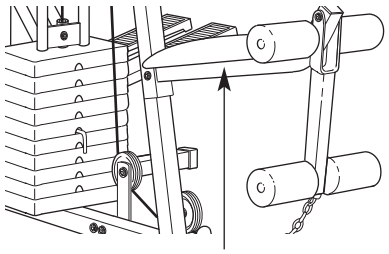
WESLO®

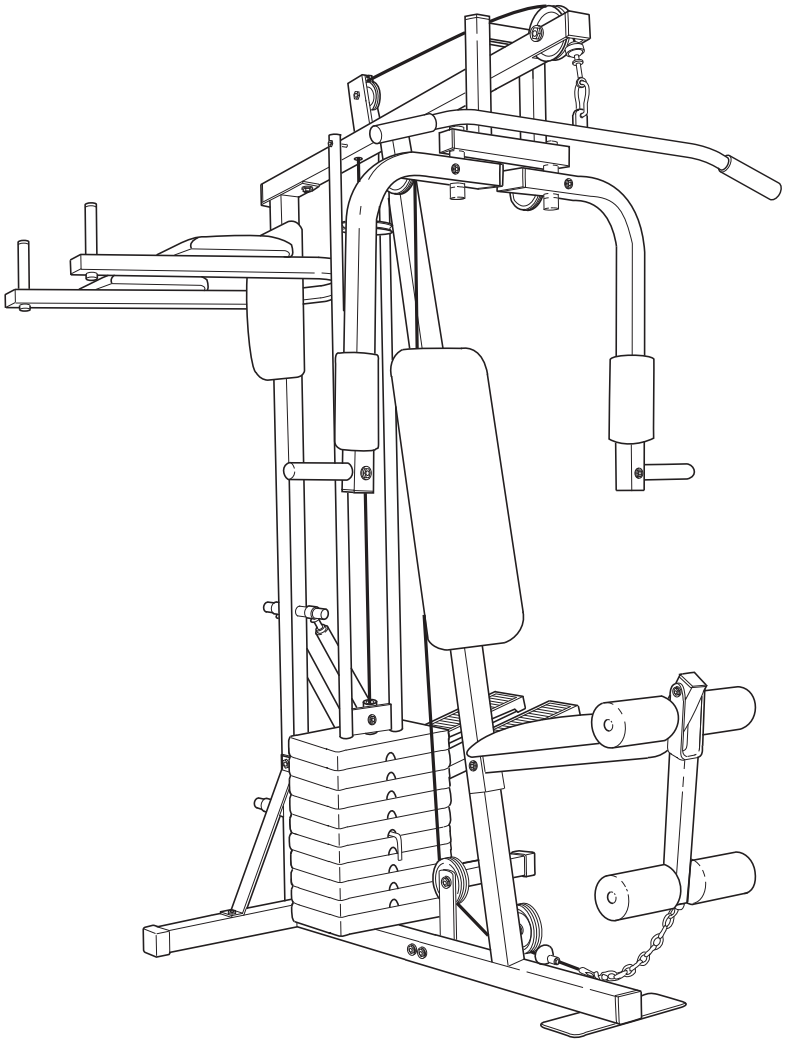
gym 3000

Model No. WLEMSY81000
Serial No. _____



Serial Number Decal

USER'S MANUAL



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through our Customer Service Department.

Please CALL:

0345-089009

Or WRITE:
ICON Health & Fitness Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Leeds
LS11 8JG

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

Visit our website at

www.weslo.com

TABLE OF CONTENTS

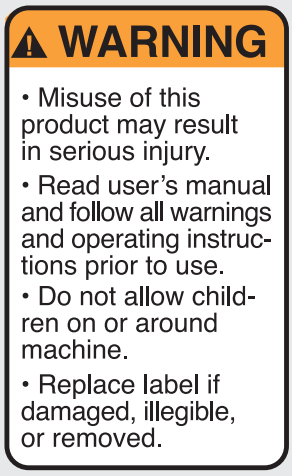
IMPORTANT PRECAUTIONS 3
BEFORE YOU BEGIN 4
ASSEMBLY 5
ADJUSTMENT 15
WEIGHT RESISTANCE CHART 17
TROUBLE-SHOOTING AND MAINTENANCE 18
CABLE DIAGRAM 19
PART IDENTIFICATION CHART . . . . . End of Manual
PART LIST . . . . . End of Manual
EXPLODED DRAWING . . . . . End of Manual
ORDERING REPLACEMENT PARTS . . . . . Back Cover

WESLO is a registered trademark of ICON Health & Fitness, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the training system.

1. **Read all instructions in this user's manual and in the accompanying literature before using the training system.**
2. **It is the responsibility of the owner to ensure that all users of the training system are adequately informed of all warnings and precautions.**
3. **The training system is intended for in-home use only. Do not use the training system in any commercial, rental, or institutional setting.**
4. **Use the training system only on a level surface. Cover the floor beneath the training system to protect the floor or carpet.**
5. **Inspect and tighten all parts each time you use the training system. Replace any worn parts immediately.**
6. **Inspect all cables before each use. Make sure that the cables remain on the pulleys at all times. If the cables bind whilst you are exercising, stop immediately and make sure that the cables are on all of the pulleys. Replace all cables every two years.**
7. **Keep children under 12 and pets away from the training system at all times.**
8. **Keep hands and feet away from moving parts.**
9. **Always wear athletic shoes for foot protection.**
10. **Always stand on the foot plate when performing an exercise that could cause the training system to tip.**
11. **Never release the arms, leg lever, lat bar or nylon strap whilst weights are raised. The weights will fall with great force.**
12. ***Always disconnect the lat bar from the training system when performing an exercise that does not require the lat bar.***
13. **The resistance cylinders become very hot during use. Allow the cylinders to cool before touching them.**
14. **If you feel pain or dizziness whilst exercising, stop immediately and begin cooling down.**
15. **The decals shown here have been placed on the training system in the locations shown on page 4. If a decal is missing or illegible, please call 0345-089009 to order a free replacement decal. Apply the decal in the location shown.**


WARNING
• Misuse of this product may result in serious injury.
• Read user's manual and follow all warnings and operating instructions prior to use.
• Do not allow children on or around machine.
• Replace label if damaged, illegible, or removed.

Warning Decal 1

Warning Decal 3

Warning Decal 2

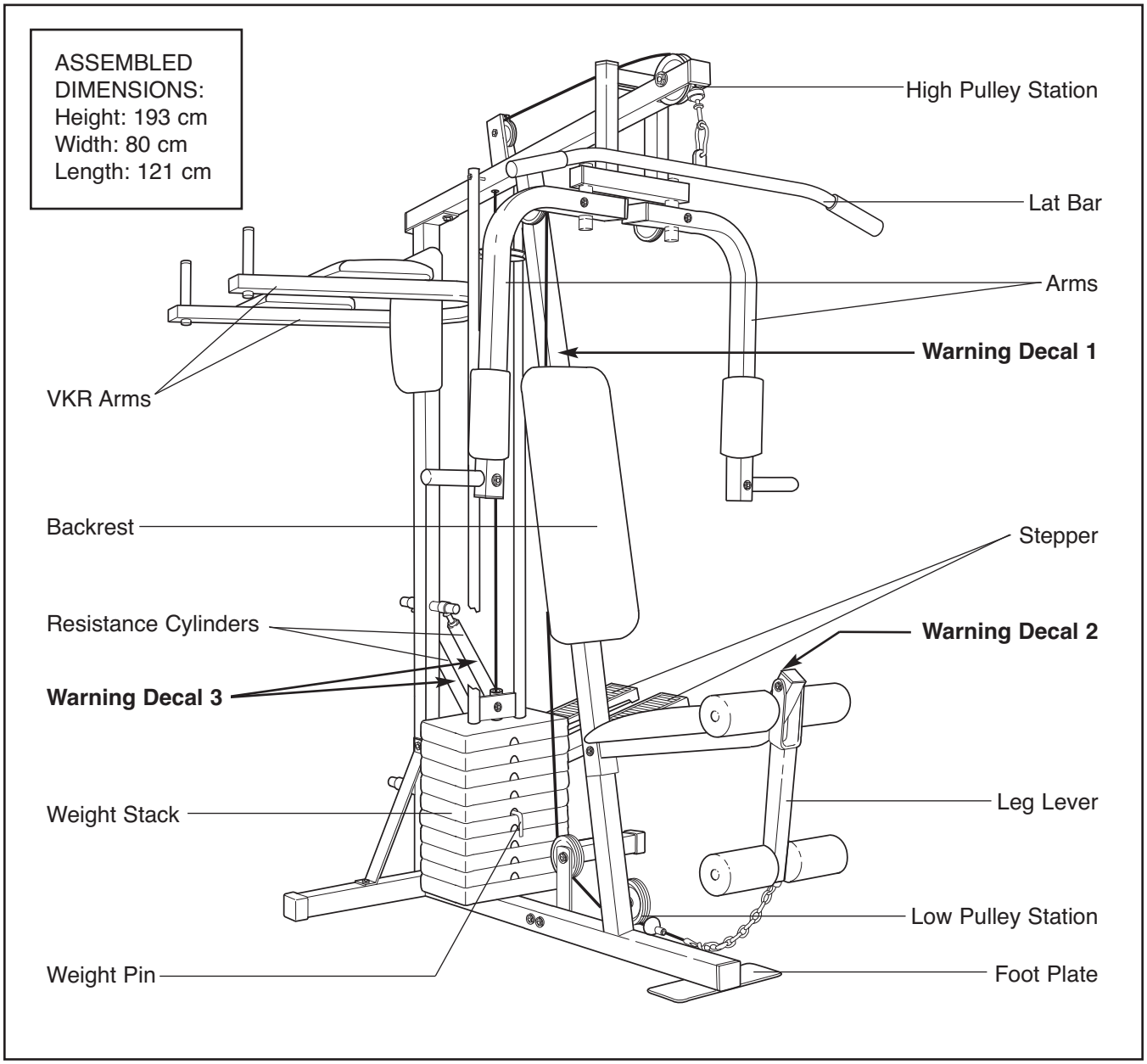
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Thank you for selecting the versatile WESLO® GYM 3000 training system. The GYM 3000 offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the GYM 3000 will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the WESLO® GYM 3000 training system. If you have additional questions, please call our Customer Service Department at **0345-089009**. To help us assist you, please note the product model number and serial number before calling. The model number is WLEMSY81000. The serial number can be found on a decal attached to the training system (see the front cover of this user's manual).

Before reading further, please review the drawing below and familiarise yourself with the parts that are labelled.



ASSEMBLY

Make Assembly Easier for Yourself

Everything in this manual is designed to ensure that the training system can be assembled successfully by anyone. **Before beginning assembly, make sure to read the information on this page; this brief introduction will save you much more time than it takes to read it.**

Assembly Requires Two Persons

For your convenience and safety, assemble the training system with the help of another person.

Set Aside Enough Time

Due to the many features of the training system, the assembly process will require a few hours. By setting aside plenty of time and by deciding to make the task enjoyable, assembly will go smoothly. You may want to assemble the training system over a couple of evenings.

How to Orient Parts

As you assemble the training system, make sure that all parts are oriented exactly as shown in the drawings.

How to Identify Parts

To help you identify the small parts used in assembly, we have included a PART IDENTIFICATION CHART in the center of this manual. Place the chart on the floor and use it to easily identify parts during each assembly step. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**

Make sure you have the following tools:

- Two adjustable wrenches
- One standard screwdriver
- One phillips screwdriver
- One rubber mallet
- You will also need grease or petroleum jelly, a small amount of soapy water, and clear tape or masking tape.

Note: Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

How to Unpack the Box

Place all parts of the training system in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Select a Location for the Training System

Because of its weight and size, the training system should be assembled in the location where it will be used. Make sure that there is enough room to walk around the training system as you assemble it.

Tightening Parts

Tighten all parts as you assemble them, unless instructed to do otherwise.

Questions?

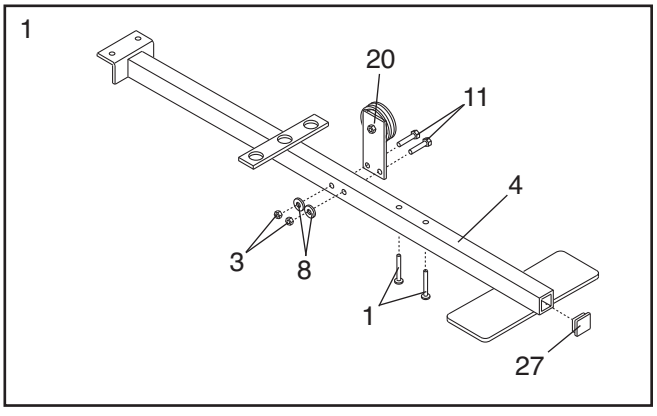
If you have questions after reading the assembly instructions, please call our Customer Service Department at **0345-089009**.

1. **Before you begin, make sure that you have carefully read the instructions at the top of this page.**

   Press a 2” Inner Cap (27) into the Base (4).

   Attach the Pulley Plate (20) to the Base (4) with two 5/16” x 2 3/4” Bolts (11), two 5/16” Flat Washers (8), and two 5/16” Nylon Locknuts (3).

   Insert the two 5/16” x 2 1/2” Carriage Bolts (1) up through the Base (4).



2. Press the two 2” Outer Caps (88) onto the Stabiliser (5).

   Insert two 5/16” x 2 3/4” Carriage Bolts (14) and one 5/16” x 2 1/2” Carriage Bolt (1) up through the Stabiliser (5). Slide the end of the Base (4) and the Rear Upright (82) onto the two 5/16” x 2 3/4” Carriage Bolts. **Make sure that the Rear Upright is turned as shown.** Thread 5/16” Nylon Locknuts (3) onto the two Carriage Bolts. **Do not tighten the Nylon Locknuts yet.**

   Slide one end of the Brace (86) onto the 5/16” x 2 1/2” Carriage Bolt (1) in the Stabiliser (5). Thread a 5/16” Nylon Locknut (3) onto the Carriage Bolt. **Do not tighten the Nylon Locknut yet.**

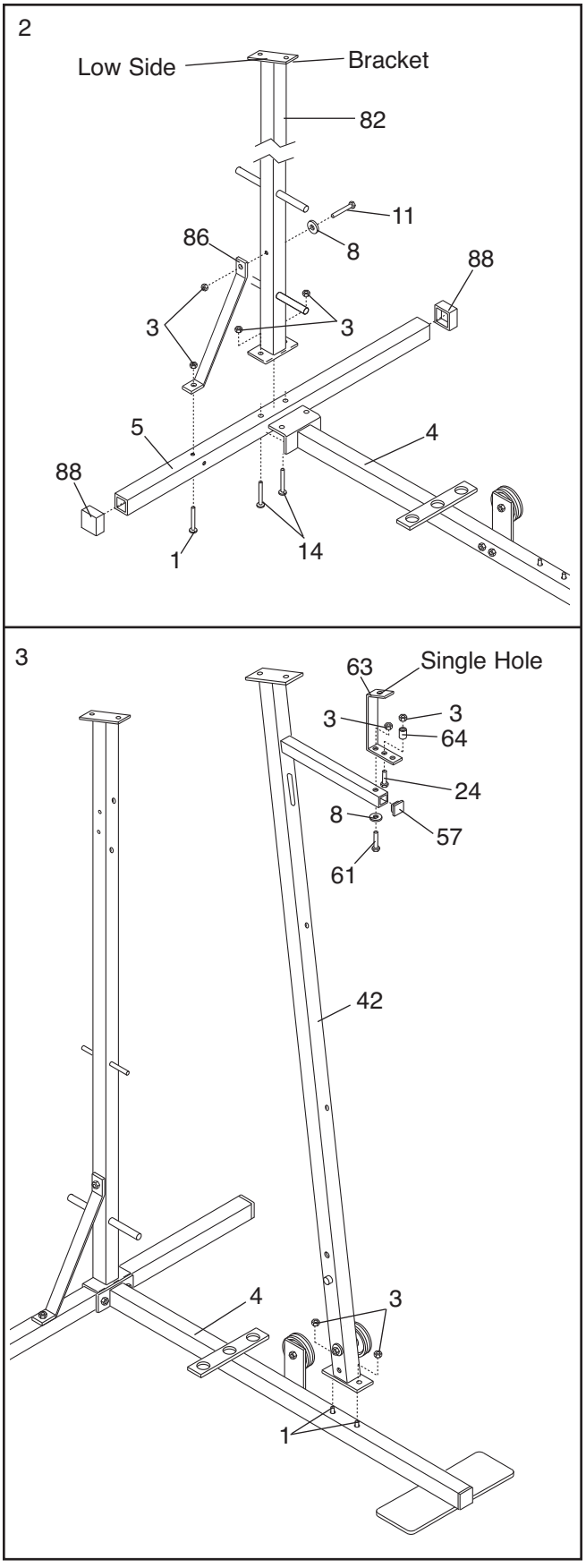
   Attach the other end of the Brace (86) to the Rear Upright (82) with a 5/16” x 2 3/4” Bolt (11), a 5/16” Flat Washer (8), and a 5/16” Nylon Locknut (3). **Do not tighten the Nylon Locknut yet.**

3. Press the 1 1/4” Inner Cap (57) into the Front Upright (42).

   Attach the 1” Plastic Stop (64) to the **centre hole** in the Stop Bracket (63) with a 5/16” x 1 1/2” Bolt (24) and 5/16” Nylon Locknut (3).

   Attach the Stop Bracket (63) to the Front Upright (42) with a 5/16” x 2” Bolt (61), 5/16” Flat Washer (8), and 5/16” Nylon Locknut (3).

   Slide the Front Upright (42) onto the two 5/16” x 2 1/2” Carriage Bolts (1) in the Base (4). Thread two 5/16” Nylon Locknuts (3) onto the Carriage Bolts. **Do not tighten the Nylon Locknuts yet.**



4. Press two 2” Inner Caps (27) into the Top Frame (67). Attach the Top Frame (67) to the Front Upright (42) and to the Rear Upright (82) with two 5/16” x 2 3/4” Bolts (11), 5/16” Flat Washers (8), and 5/16” Nylon Locknuts (3). **Do not tighten the Nylon Locknuts yet.**

   Attach the Top Frame (67) to the Stop Bracket (63) with a 5/16” x 2 3/4” Bolt (11), 5/16” Flat Washer (8), and 5/16” Nylon Locknut (3). **Do not tighten the Nylon Locknut yet.**

   Tighten all Nylon Locknuts used in steps 2 through 4.

5. Press two 1 1/2” Bushings (93) into the Left Pedal (90); press two 1 1/2” Bushings (93) into the Right Pedal (89). Attach a Pedal Cover (92) to each Pedal with a 1/2” Tap Screw (6).

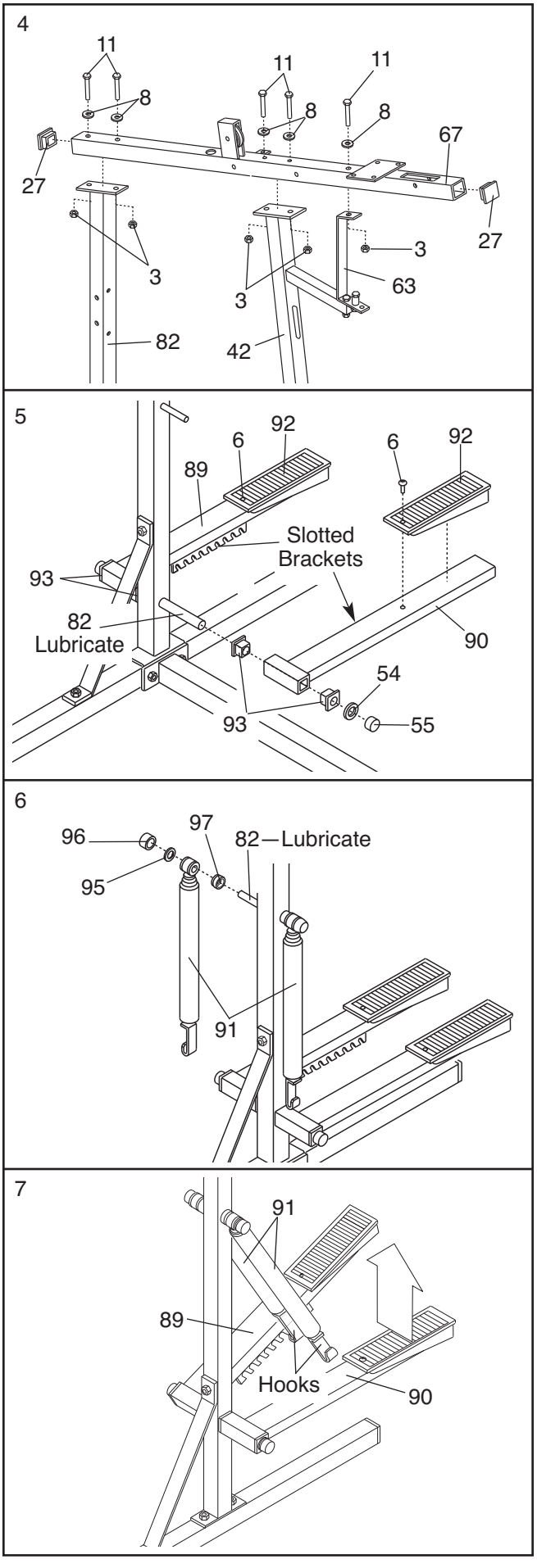
   Lubricate the pedal axles on the Rear Upright (82). Slide the Right and Left Pedals (89, 90) onto the right and left pedal axles. **Note: Make sure that the Pedals are on the correct sides; the slotted brackets must be on the insides of the Pedals.** Hold a 1" Retainer (54) and 1" Round Cover Cap (55) against the left pedal axle. **The teeth on the Retainer must bend toward the Round Cover Cap.** Tap the Retainer and Round Cover Cap onto the pedal axle. Attach the Right Pedal in the same manner.

6. Lubricate the cylinder axles on the Rear Upright (82). Slide a 5/8” Spacer (97) and a Resistance Cylinder (91) onto the right cylinder axle. **Make sure that the Spacer is turned as shown.** Hold a 5/8" Retainer (95) and 5/8" Round Cover Cap (96) against the right cylinder axle. **The teeth on the Retainer must bend toward the Round Cover Cap.** Tap the Retainer and Round Cover Cap onto the cylinder axle.

   Attach a Resistance Cylinder (91) to the left cylinder axle in the same manner.

7. Raise the Left Pedal (90) and rest it on the hook at the lower end of the left Resistance Cylinder (91). The hook must be in one of the slots under the Left Pedal.

   Raise the Right Pedal (89) and rest it on the hook at the lower end of the right Resistance Cylinder (91). **Make sure that the hooks are in the same position under both Pedals.**



8. Set the two Weight Bumpers (19) on the indicated plate on the Base (4). Align the holes in the Weight Bumpers with the holes in the plate.

   Stack nine Weights (25) on the Weight Bumpers (19). **Each Weight must be turned so the pin groove is facing the Front Upright (42).** The holes in the Weights must be aligned with the holes in the Weight Bumpers.

⚠ CAUTION: Be careful to avoid tipping the stack of Weights (25) until step 9 is completed.

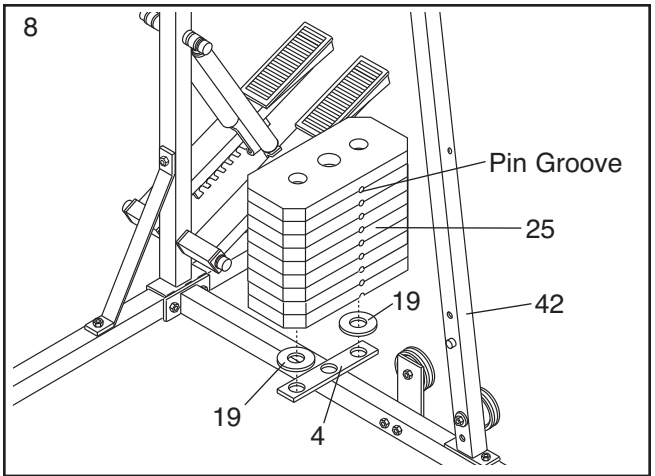
9. Press the Weight Tube Endcap (79) into the indicated end of the Weight Tube (80).

   Insert the Weight Tube (80) into the stack of Weights (25). Slide the tenth Weight (25) onto the upper end of the Weight Tube. The Weight Tube must be turned so the welded pin is in the pin groove in the Weight.

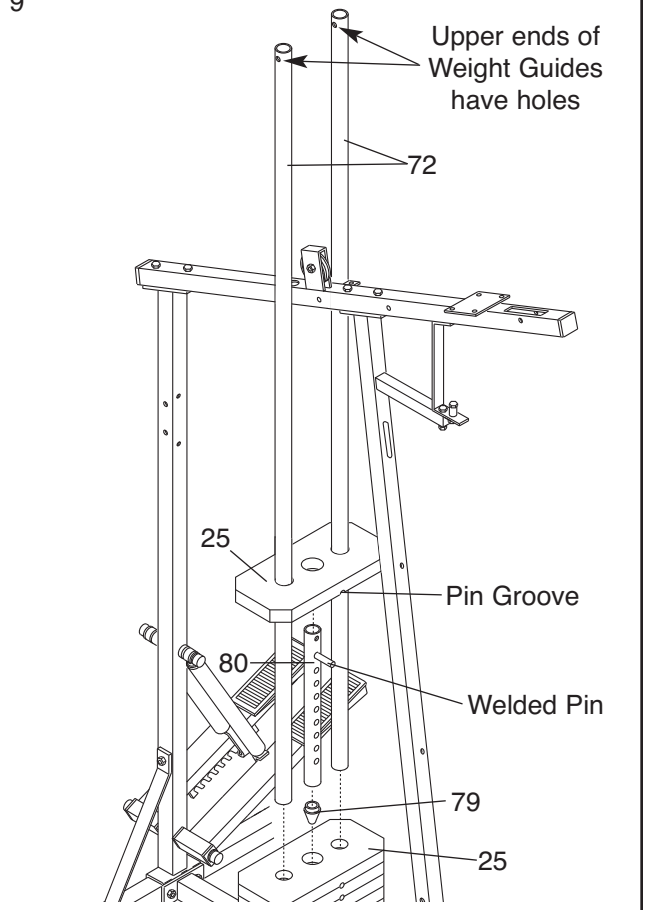
   Locate the lower ends of the Weight Guides (72) (there are holes near the upper ends). Insert the lower ends of the Weight Guides into the ten Weights (25).

10. Attach the upper ends of the Weight Guides (72) to the Top Frame (67) with the 5/16" x 6" Bolt (74), the two 1/2" x 3/4" Bushings (73), and a 5/16" Nylon Locknut (3).

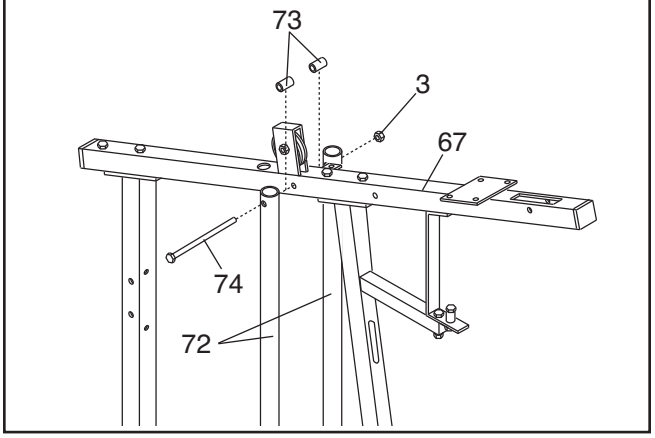
8



9

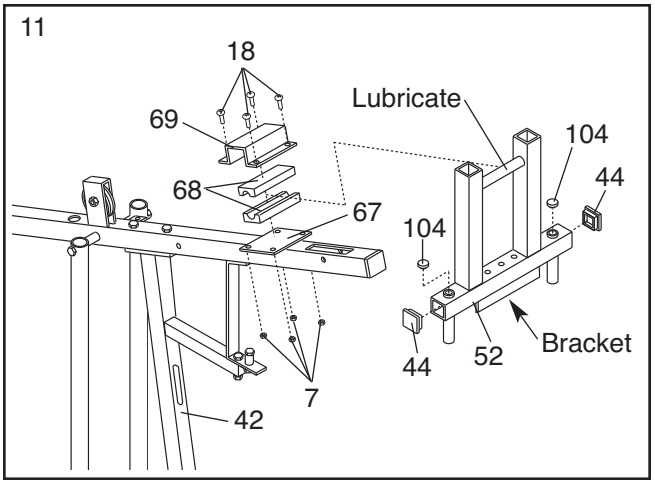


10



11. Press two 1 3/4” Inner Caps (44) and two 1” Inner Caps (104) into the Arm Frame (52).

    Lubricate the upper axle on the Arm Frame (52). Hold the axle between the two Arm Frame Bushings (68). Set the Arm Frame Bushings and the Arm Frame on the welded plate on the Top Frame (67). Place the Arm Frame Bracket (69) over the Arm Frame Bushings. Attach the Arm Frame Bracket to the Top Frame with four 1/4” x 3/4” Screws (18) and 1/4” Nylon Locknuts (7). **Make sure that the bracket on the Arm Frame is facing away from the Front Upright (42).**



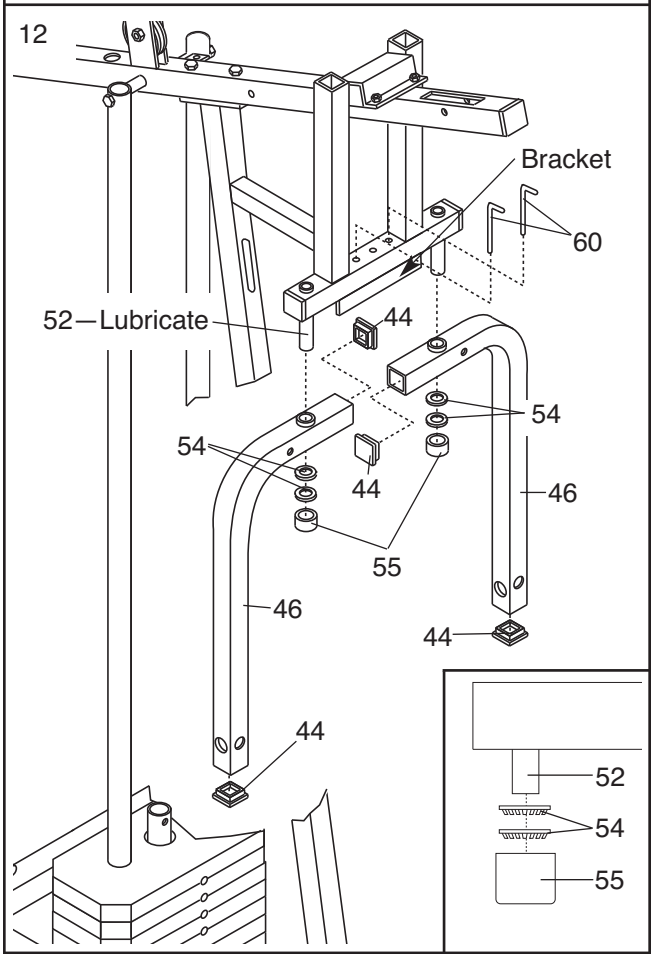
12. Press two 1 3/4” Inner Caps (44) into each of the Arms (46).

    Apply lubricant to the lower axles on the Arm Frame (52). Slide an Arm (46) onto one of the axles. Hold two 1” Retainers (54) and a 1” Round Cover Cap (55) against the lower end of the axle. **The teeth on the Retainers must bend toward the Round Cover Cap (see inset drawing).** Tap the Retainers and Round Cover Cap onto the axle.

    Attach the other Arm (46) to the Arm Frame (52) in the same manner.

    Make sure that both Arms (46) are behind the bracket on the Arm Frame (52).

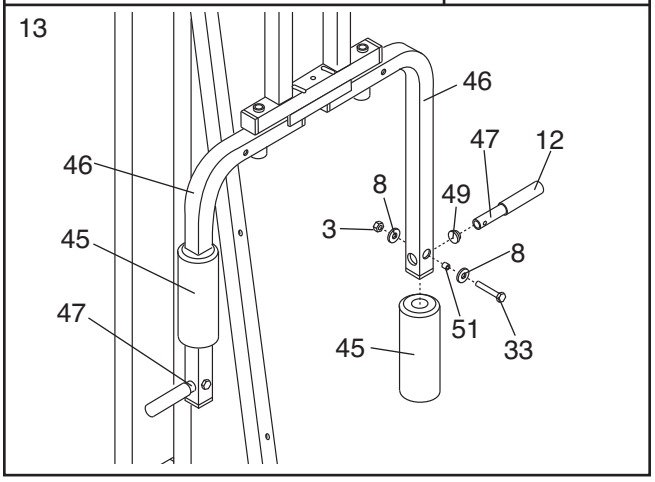
    Insert the two 4 1/2” “L” Pins (60) down through the indicated holes in the Arm Frame (52) and the Arms (46).



13. Wet both Arms (46) with soapy water. Slide a 7” Pad (45) onto each Arm.

    Press a 1” Round Inner Cap (49) into the indicated end of a 7” Handle (47). Wet the other end of the Handle with soapy water and slide a Handgrip (12) onto it. Insert the Handle into one of the Arms (46). Attach the Handle with a 5/16” x 2 1/4” Bolt (33), two 5/16” Flat Washers (8), a 1/2” x 3/8” Spacer (51) and a 5/16” Nylon Locknut (3).

    Attach a 7” Handle (47) to the other Arm (46) in the same manner.



14. Attach a Large “U” Bracket (56) to one of the Arms (46) with a 3/8” x 2 3/4” Bolt (70), 3/8” Flat Washer (9), and 3/8” Nylon Locknut (21). **Be sure that the Cable Trap (59) is on the side shown.**

    Attach a Large “U” Bracket (56) to the other Arm (46) in the same manner.

15. Attach the Wide Swivel Bracket (71) to the indicated bracket on the Top Frame (67) with a 5/16” x 3 1/4” Bolt (35) and 5/16” Nylon Locknut (3). **Do not overtighten the Nylon Locknut; the Wide Swivel Bracket must be able to swivel freely.**

16. If the parts shown at the right have not been preassembled, follow the instructions below to assemble them.

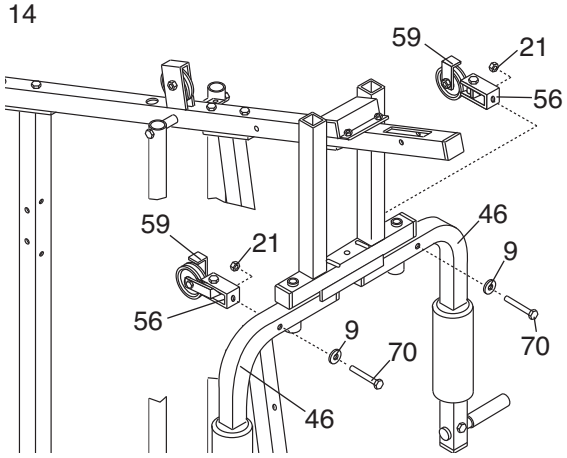
    Attach the two “I” Plates (78) to two 4 1/2” Pulleys (77) with two 3/8” x 1 3/4” Bolts (48) and 3/8” Nylon Locknuts (21) as shown. **Do not thread the Nylon Locknuts all the way onto the Bolts until assembly step 24 is completed.**

17. **IMPORTANT: As you assemble the Long Cable (66) and the Short Cable (not shown), refer to page 19 of this manual to make sure that the Cables are properly routed.**

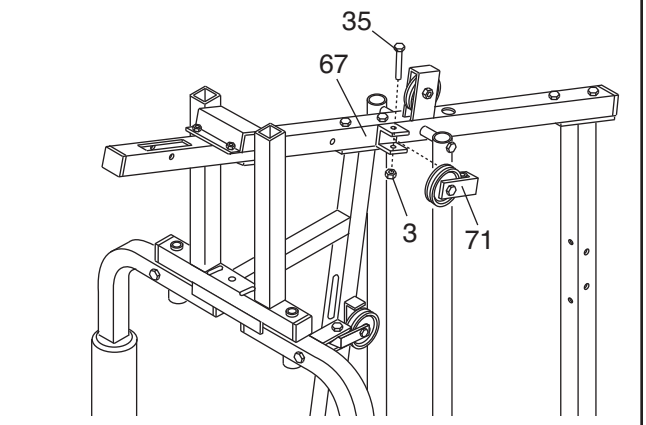
    Find the end of the Long Cable (66) that does not have a rubber ball. Insert that end of the Long Cable up through the indicated opening in the Top Frame (67).

    Lay the Long Cable (66) over a 4 1/2” Pulley (77). Attach the Pulley inside the Top Frame (67) with a 3/8” x 2 3/4” Bolt (70), two 3/8” Flat Washers (9), the two 1/2” x 1/2” Spacers (65), and a 3/8” Nylon Locknut (21).

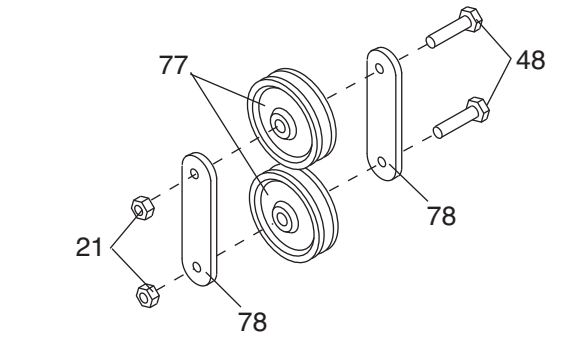
14



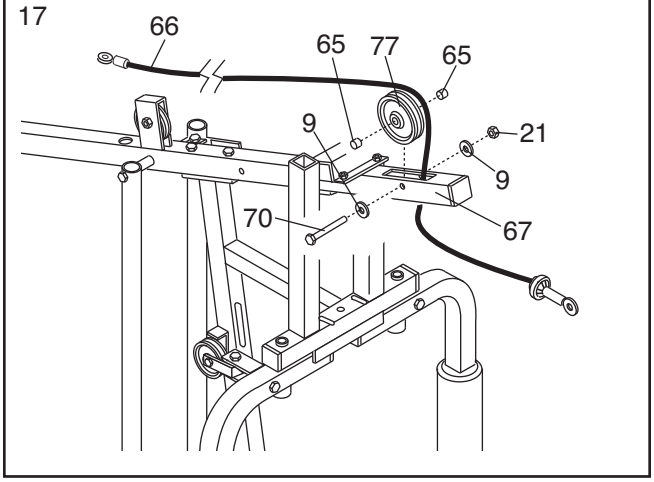
15



16



17



18. Remove the 3/8” x 1 3/4” Bolt (48), 3/8” Nylon Locknut (21), and 3 1/2” Pulley (15) from the indicated bracket on the Top Frame (67). Insert the end of the Long Cable (66) through the bracket and down through the indicated hole.

    Reattach the 3 1/2” Pulley (15) to the bracket on the Top Frame (67) with the 3/8” x 1 3/4” Bolt (48) and 3/8” Nylon Locknut (21). **Make sure that the Long Cable is between the Pulley and the top of the bracket.**

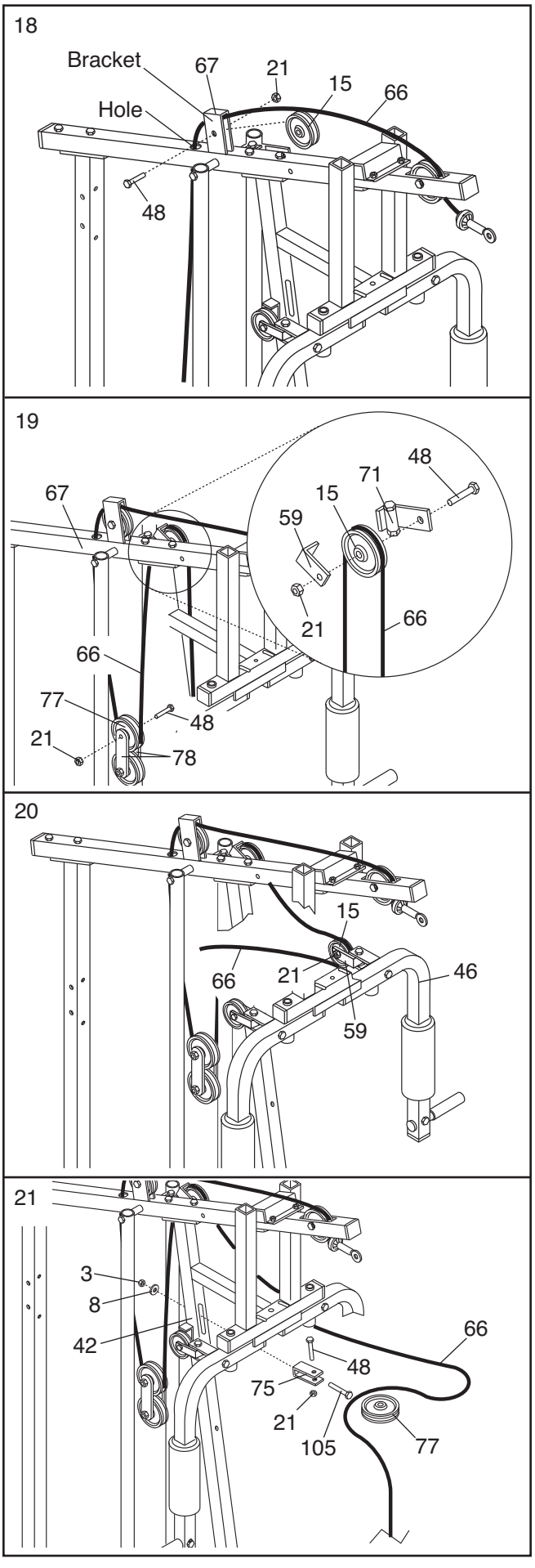
19. Remove the 3/8” Nylon Locknut (21), 3/8” x 1 3/4” Bolt (48), and 4 1/2” Pulley (77) from one end of the “I” Plates (78). Route the Long Cable (66) under the Pulley and reattach the Pulley to the “I” Plates with the Bolt and Nylon Locknut.

    Refer to the inset drawing. (Note: The Wide Swivel Bracket [71] is attached to the Top Frame [67]; it is shown disassembled for clarity.) Lay the Long Cable (66) over a 3 1/2” Pulley (15). Attach the Pulley and a Cable Trap (59) to the Wide Swivel Bracket (71) with a 3/8” x 1 3/4” Bolt (48) and 3/8” Nylon Locknut (21). **Make sure that the Cable Trap is turned to the indicated position.**

20. Wrap the Long Cable (66) down around the 3 1/2” Pulley (15) on the left Arm (46). Tighten the 3/8” Nylon Locknut (21) and 3/8” x 1 3/4” Bolt (not shown). **Make sure that the Cable Trap (59) is turned to the indicated position.**

21. Note: The 4 1/2” Pulley (77) shown in this step is preattached to the Adjustment “U” Bracket (75). Attach the Adjustment “U” Bracket to the Front Upright (42) with the 5/16” x 3 1/4” Special Tread Bolt (105), a 5/16” Flat Washer (8), and a 5/16” Nylon Locknut (3). **Thread the Nylon Locknut onto the Bolt only two complete turns.**

    Remove the 3/8” x 1 3/4” Bolt (48), 3/8” Nylon Locknut (21), and 4 1/2” Pulley (77) from the Adjustment “U” Bracket (75). Wrap the Long Cable (66) around the Pulley as shown. Reattach the Pulley to the Adjustment “U” Bracket with the Bolt and Nylon Locknut.



22. Wrap the Long Cable (66) up around the 3 1/2" Pulley (15) on the right Arm (46). Tighten the 3/8" x 1 3/4" Bolt (48) and 3/8" Nylon Locknut (not shown). **Make sure that the Cable Trap (59) is turned to the indicated position.**

    Attach the 5/16" x 3" Bolt (17), two 5/16" Flat Washers (8), and a 5/16" Jam Nut (2) to the indicated hole in the Top Frame (67).

    Slide the end of the Long Cable (66) onto the 5/16" x 3" Bolt (17). Tighten another 5/16" Jam Nut (2) onto the Bolt.

23. Hold the indicated end of the Short Cable (23) under the 3 1/2" Pulley (15) on the Front Upright (42). Attach the 5/16" x 3 1/2" Bolt (87), two 5/16" Flat Washers (8), the 1" Metal Spacer (22), and a 5/16" Nylon Locknut (3) to the Front Upright as shown. **Make sure that the Short Cable is between the Pulley and the Metal Spacer.** Tighten the 3/8" Nylon Locknut (21) and 3/8" x 3 1/2" Bolt (not shown).

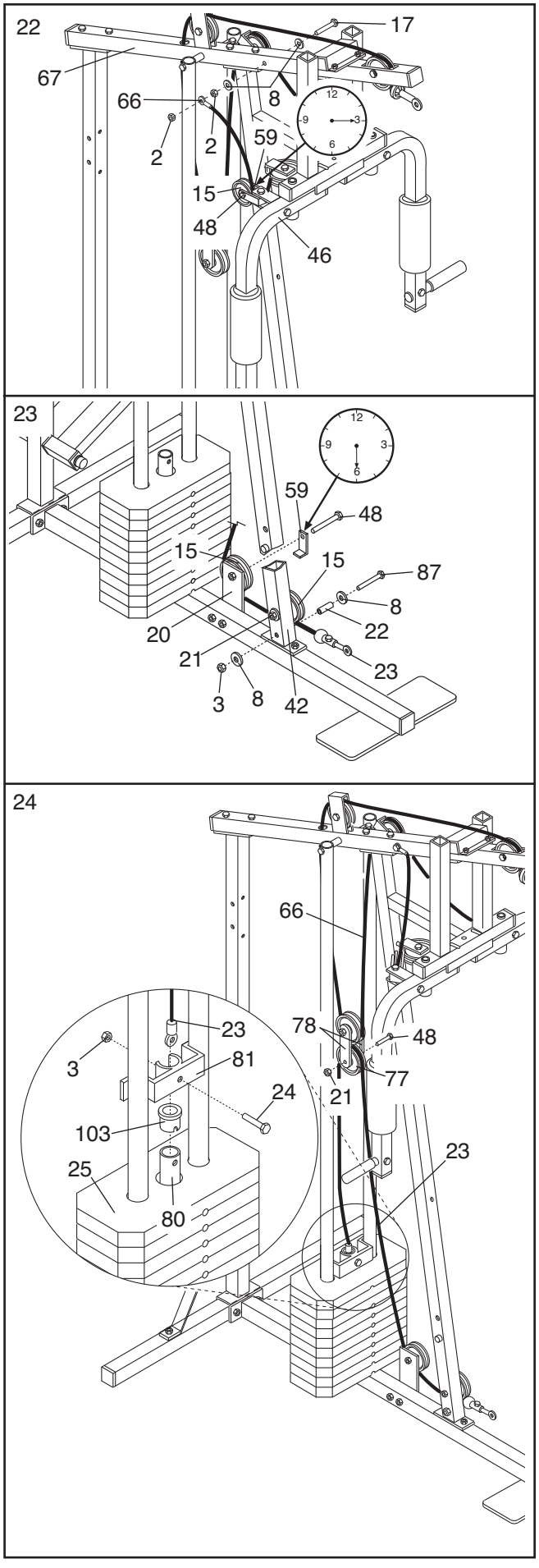
    Wrap the Short Cable (23) up around the 3 1/2" Pulley (15) on the Pulley Plate (20). Tighten the 3/8" Nylon Locknut (21) and 3/8" x 1 3/4" Bolt (48). **Make sure that the Cable Trap (59) is in the 6 o'clock position.**

24. Remove the 3/8" Nylon Locknut (21), 3/8" x 1 3/4" Bolt (48), and 4 1/2" Pulley (77) from the lower end of the "I" Plates (78). Route the Short Cable (23) over the Pulley and reattach the Pulley to the "I" Plates with the Bolt and Nylon Locknut.

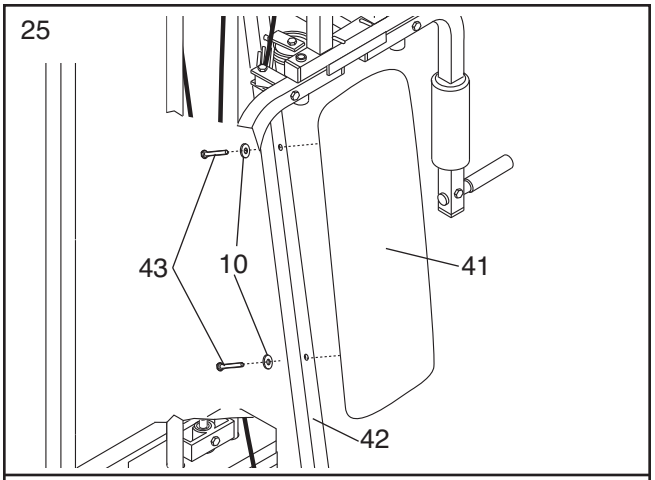
    Refer to the inset drawing. Slide the Plastic Flanged Bushing (103) onto the Weight Tube (80). Press the Plastic Flanged Bushing into the top Weight (25). Slide the Weight Guide Bracket (81) onto the top of the Weight Tube. **Tap the Weight Guide Bracket with a mallet to ensure that the Plastic Flanged Bushing is firmly in the top Weight.**

    Insert the end of the Short Cable (23) into the upper end of the Weight Tube (80). Insert a 5/16" x 1 1/2" Bolt (24) through the Weight Guide Bracket (81), Weight Tube, and Short Cable. Tighten a 5/16" Nylon Locknut (3) onto the Bolt.

    IMPORTANT: The Short and Long Cables (23, 66) must be properly routed on the Pulleys, and the Cables must be properly tightened. To tighten the Cables, refer to TIGHTENING THE CABLES on page 18 of this manual.



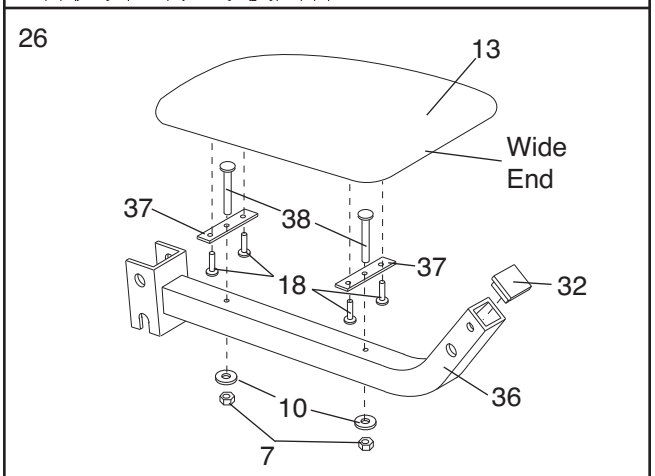
25. Attach the Backrest (41) to the Front Upright (42) with two 1/4” x 2 1/2” Screws (43) and 1/4” Flat Washers (10).



26. Press a 1 1/2” Inner Cap (32) into the Seat Frame (36).

Insert a 1/4” x 2” Carriage Bolt (38) into the centre of each Seat Plate (37). Attach the Seat Plates to the Seat (13) with four 1/4” x 3/4” Screws (18).

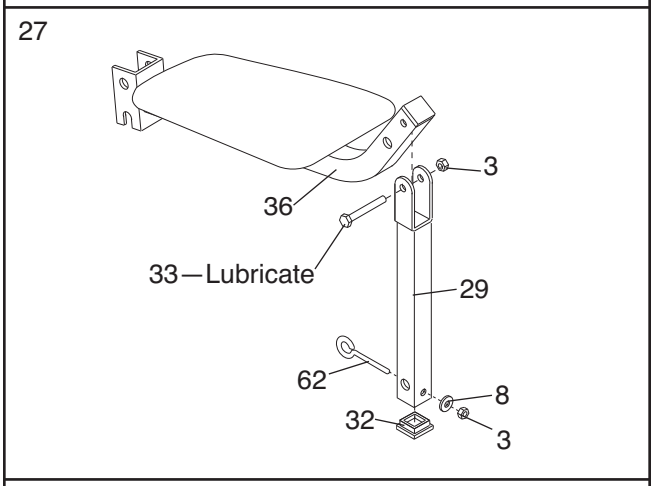
Insert the two 1/4” x 2” Carriage Bolts (38) into the Seat Frame (36). Make sure that the Seat (13) is turned so the wide end is toward the 1 1/2” Inner Cap (32). Tighten a 1/4” Nylon Locknut (7) with 1/4” Flat Washer (10) onto each Carriage Bolt.



27. Press a 1 1/2” Inner Cap (32) into the Leg Lever (29).

Attach the 5/16” x 2” Eyebolt (62) to the Leg Lever (29) with a 5/16” Flat Washer (8) and a 5/16” Nylon Locknut (3).

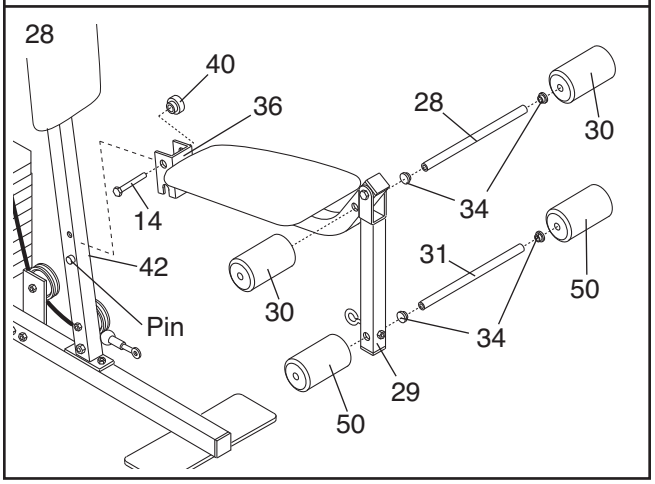
Lubricate a 5/16” x 2 1/4” Bolt (33). Attach the Leg Lever (29) to the Seat Frame (36) with the Bolt and a 5/16” Nylon Locknut (3). **Do not over-tighten the Nylon Locknut; the Leg Lever must be able to pivot freely.**



28. Set the bracket on the Seat Frame (36) onto the indicated pins on the Front Upright (42). Attach the Seat Frame with a 5/16” x 2 3/4” Carriage Bolt (14) and the Seat Knob (40).

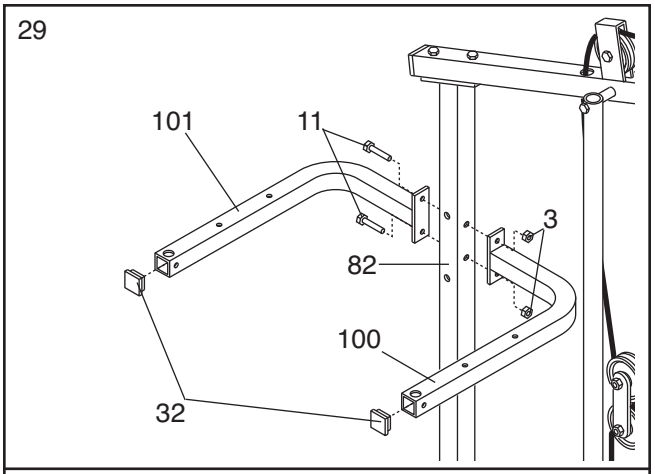
Press 3/4” Round Inner Caps (34) into the ends of the 13 1/2” Pad Tube (28). Insert the Pad Tube into the Seat Frame (36). Slide a 6” Pad (30) onto each end of the Pad Tube.

Press 3/4” Round Inner Caps (34) into the ends of the 13” Pad Tube (31). Insert the Pad Tube into the Leg Lever (29). Slide a 5 1/2” Pad (50) onto each end of the Pad Tube.



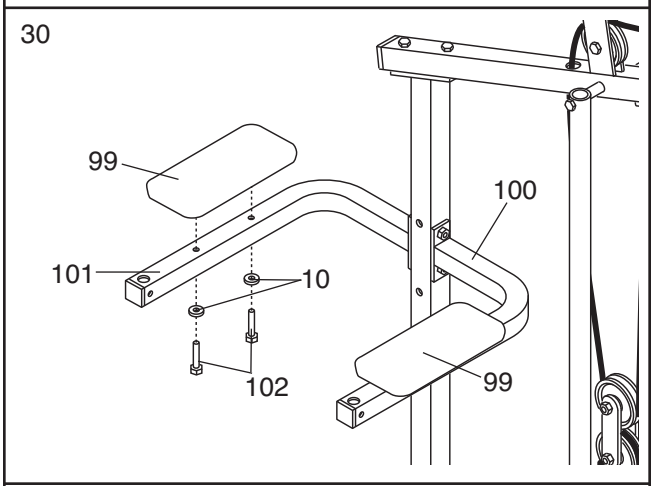
29. Press 1 1/2” Inner Caps (32) into the Left and Right VKR Arms (100, 101).

Attach the Left and Right VKR Arms (100, 101) to the Rear Upright (82) with two 5/16” x 2 3/4” Bolts (11) and 5/16” Nylon Locknuts (3).



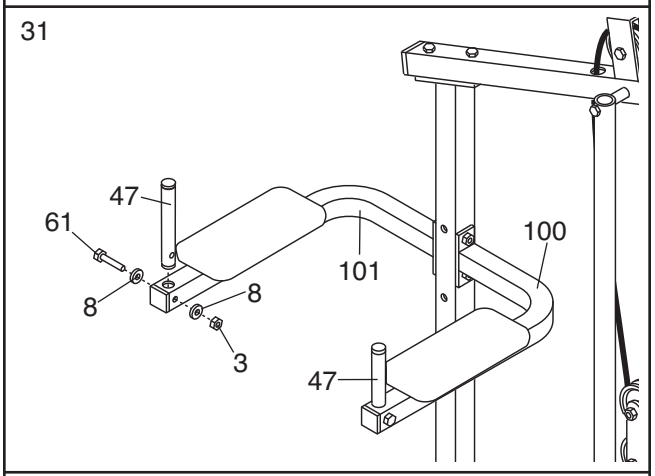
30. Attach a VKR Armrest (99) to the Right VKR Arm (101) with two 1/4” x 2” Screws (102) and 1/4” Flat Washers (10).

Attach a VKR Armrest (99) to the Left VKR Arm (100) in the same manner.



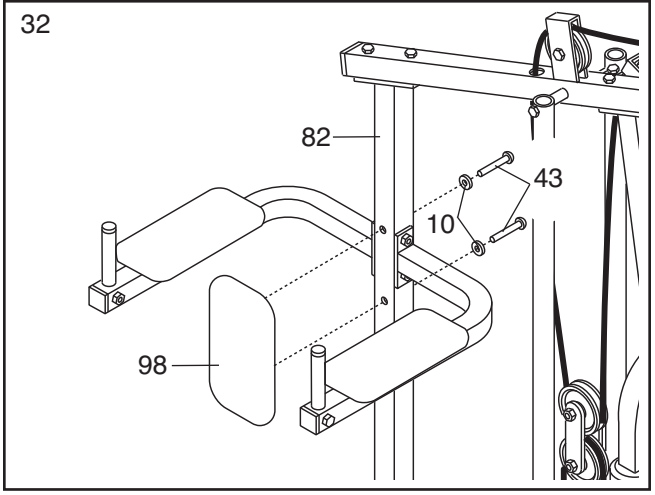
31. Insert a 7” Handle (47) into the Right VKR Arm (101). Attach the Handle with a 5/16” x 2” Bolt (61), two 5/16” Flat Washers (8), and a 5/16” Nylon Locknut (3).

Attach the other 7” Handle (47) to the Left VKR Arm (100) in the same manner.



32. Attach the VKR Backrest (98) to the Rear Upright (82) with two 1/4” x 2 1/2” Screws (43) and two 1/4” Flat Washers (10).

33. Make sure that all parts are properly tightened. The use of all remaining parts will be explained in ADJUSTMENT, beginning on page 15 of this manual. Before using the training system, pull each cable a few times to make sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, locate and correct the problem before using the training system. **IMPORTANT: If the cables are not properly routed, they may be damaged when heavy weight is used. See the CABLE DIAGRAM on page 19 of this manual.**



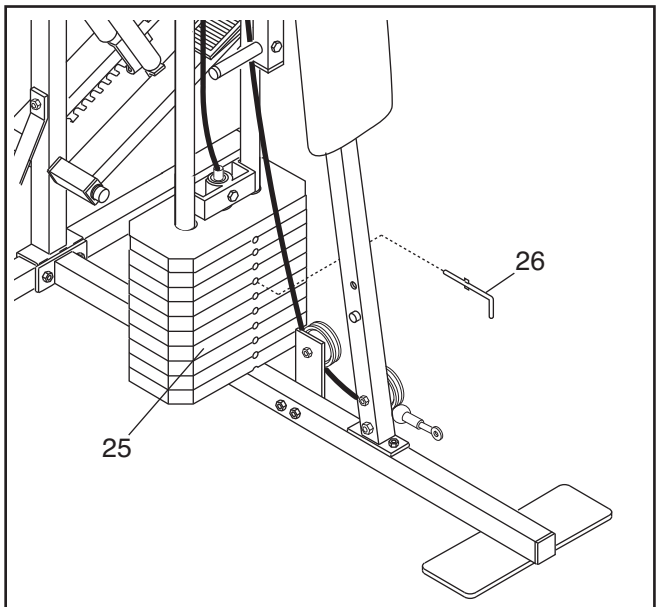
ADJUSTMENT

The instructions below describe how each part of the training system can be adjusted. **IMPORTANT: When attaching the lat bar or nylon strap, make sure that the attachments are in the correct starting position for the exercise to be performed. If there is any slack in the cable or chain as an exercise is performed, the effectiveness of the exercise will be reduced.**

CHANGING THE WEIGHT SETTING

To change the weight setting, insert the Weight Pin (26) under one of the Weights (25). Make sure to insert the Weight Pin until the bent end of the Weight Pin is touching the Weights, and turn the bent end downward. The weight setting can be changed from 12.5 pounds to 125 pounds, in increments of 12.5 pounds. **Note: Due to the cables and pulleys, the actual amount of resistance at each exercise station will vary from the weight setting. Refer to the WEIGHT RESISTANCE CHART on page 17 to find the actual amount of resistance at each station.**

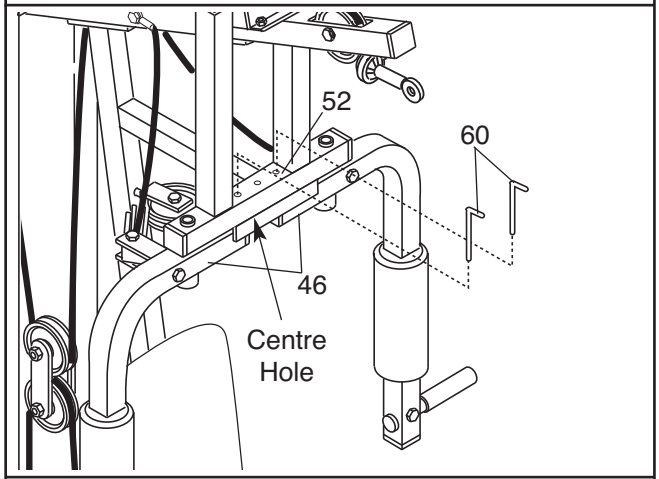
Note: 1 kg = 2,2 pounds



SWITCHING THE ARMS TO THE PRESS MODE OR THE BUTTERFLY MODE

To perform the BENCH PRESS exercise, switch the Arms (46) to the press mode by inserting the two 4 1/2" "L" Pins (60) down into the indicated holes in the Arm Frame (52) and the Arms.

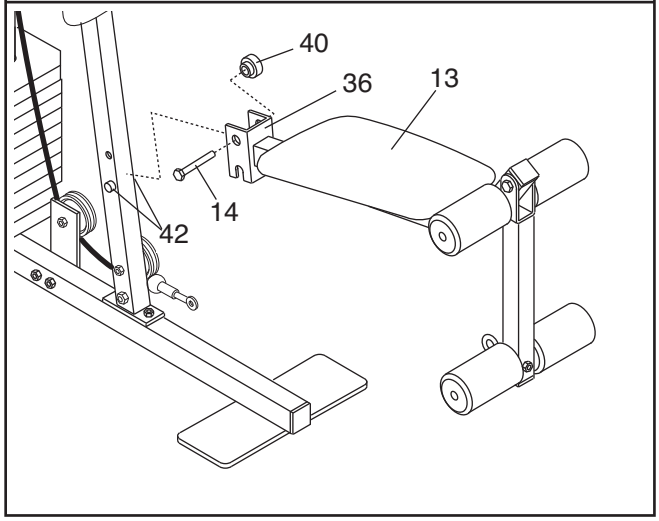
To perform the BUTTERFLY exercise, switch the Arms (46) to the butterfly mode by inserting one of the 4 1/2" "L" Pins (60) down into the centre hole in the Arm Frame (52) and into the Stop Bracket (63; not shown). Set the other "L" Pin aside.



ATTACHING AND REMOVING THE SEAT

Set the bracket on the Seat Frame (36) onto the indicated pins on the Front Upright (42). Attach the Seat Frame to the Front Upright with the 5/16" x 2 3/4" Carriage Bolt (14) and Seat Knob (40).

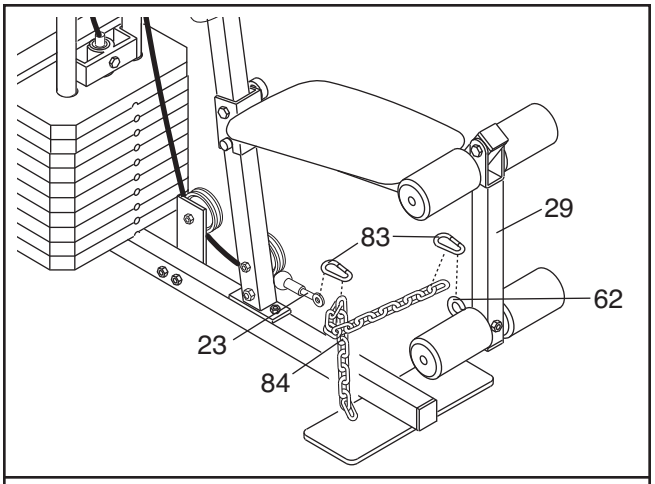
For some exercises, the Seat (13) must be removed. First, make sure that the chain is not attached to the leg lever. Next, remove the Seat Knob (40) and 5/16" x 2 3/4" Carriage Bolt (14) from the Seat Frame (36). Lift the Seat Frame off the Front Upright (42).



ATTACHING THE LEG LEVER TO THE LOW PULLEY STATION

To use the Leg Lever (29), the seat must be attached to the front upright (see ATTACHING AND REMOVING THE SEAT on page 15).

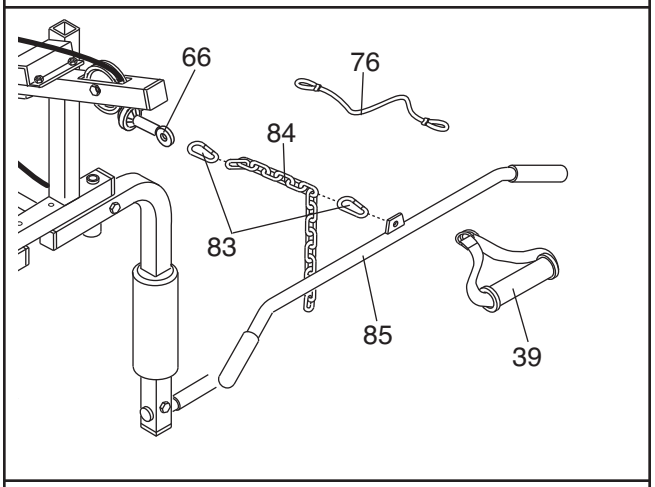
Attach the Chain (84) between the 5/16" x 2" Eyebolt (62) on the Leg Lever (29) and the Short Cable (23) with two Cable Clips (83).



ATTACHING THE LAT BAR OR NYLON STRAP TO THE HIGH PULLEY STATION

Attach the Lat Bar (85) to the Long Cable (66) with a Cable Clip (83). For some exercises, the Chain (84) and/or Nylon Rope (76) should be attached between the Lat Bar and the Long Cable with two Cable Clips. **If the Chain is used, adjust the length of the Chain between the Lat Bar and the Long Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

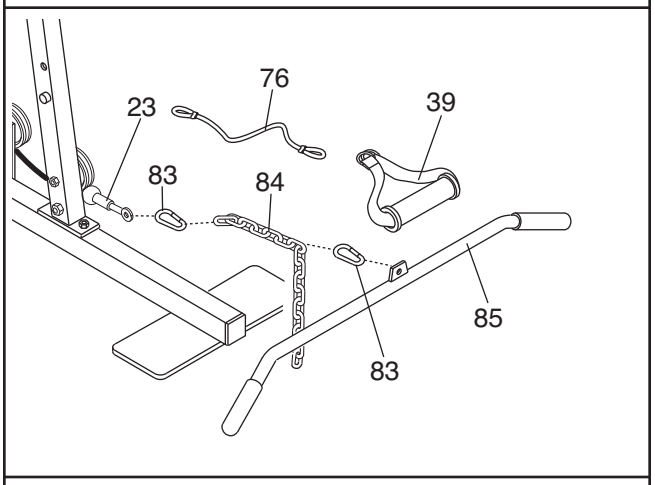
The Nylon Strap (39) can be attached in the same way.



ATTACHING THE LAT BAR OR NYLON STRAP TO THE LOW PULLEY STATION

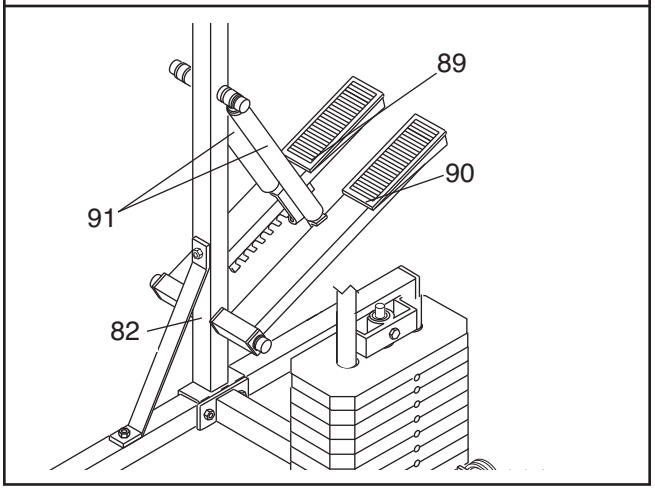
Attach the Lat Bar (85) to the Short Cable (23) with a Cable Clip (83). For some exercises, the Chain (84) and/or Nylon Rope (76) should be attached between the Lat Bar and the Short Cable with two Cable Clips. **If the Chain is used, adjust the length of the Chain between the Lat Bar and the Short Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

The Nylon Strap (39) can be attached in the same way.



CHANGING THE STEPPING RESISTANCE

To change the stepping resistance, first lift the Pedals (89, 90) off the hooks at the lower ends of the Resistance Cylinders (91). Move the hooks to different slots under the Pedals. **Make sure that the hooks are fully inserted into the slots in the same position under both Pedals.** The farther the hooks are moved from the Rear Upright (82), the greater the resistance will be.



⚠ CAUTION: The Resistance Cylinders (91) become very hot during use. Allow the Cylinders to cool before touching them.

WEIGHT RESISTANCE CHART

The actual resistance at each weight station may vary due to differences in individual weight plates, as well as friction between the cables, pulleys, and weight guides. Note: 1 kg = 2,2 lbs.

WEIGHT PLATES	PRESS ARM (lbs.)	BUTTERFLY ARM (lbs.)	LEG LEVER (lbs.)	HIGH PULLEY (lbs.)	LOW PULLEY (lbs.)
1	29	26	18	16	18
2	48	39	32	30	32
3	69	50	45	43	45
4	83	64	58	56	58
5	107	80	71	68	71
6	129	96	84	80	84
7	145	112	98	93	98
8	163	130	110	105	110
9	181	149	125	117	125
10	183	Do not use	134	128	134

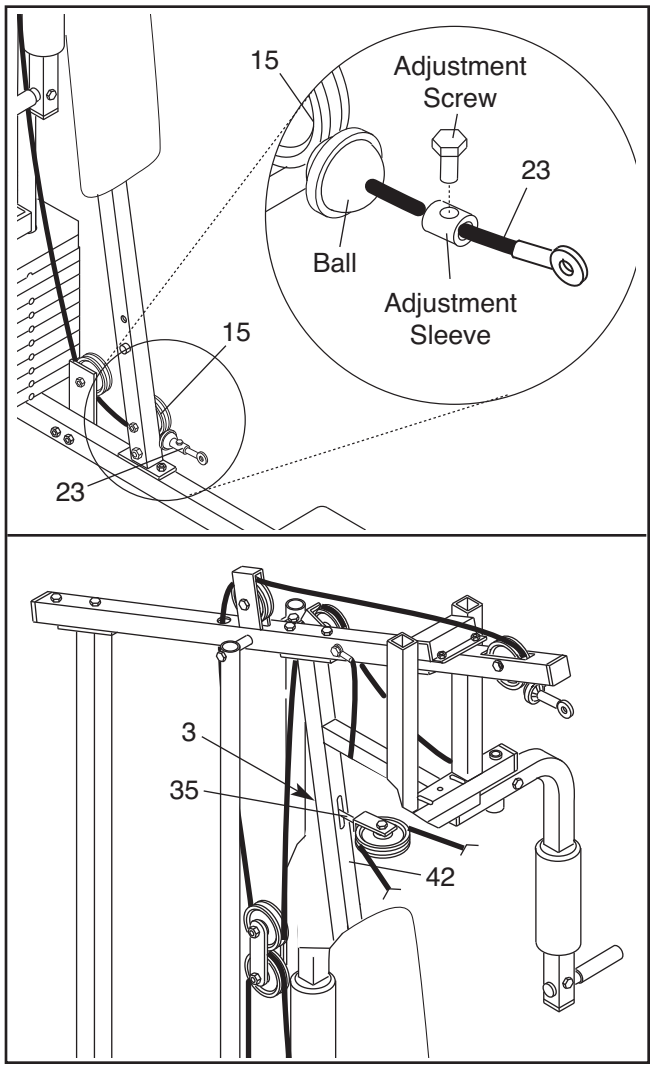
TROUBLE-SHOOTING AND MAINTENANCE

Inspect and tighten all parts each time you use the training system. Replace any worn parts immediately. The training system can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

TIGHTENING THE CABLES

Woven cable, the type of cable used on the training system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. Locate the adjustment sleeve and adjustment screw near the lower end of the Short Cable (23). Loosen the adjustment screw. Pull the end of the Short Cable until there is no slack in the cables. Slide the adjustment sleeve and the ball against the indicated 3 1/2" Pulley (15). Retighten the adjustment screw. Make sure that the cables are not too tight, or the top weight will be lifted off the weight stack.

Additional slack can be removed by locating the indicated 5/16" Nylon Locknut (3) near the upper end of the Front Upright (42). To tighten the cables, hold the 5/16" x 3 1/4" Bolt (35) and turn the Nylon Locknut clockwise.

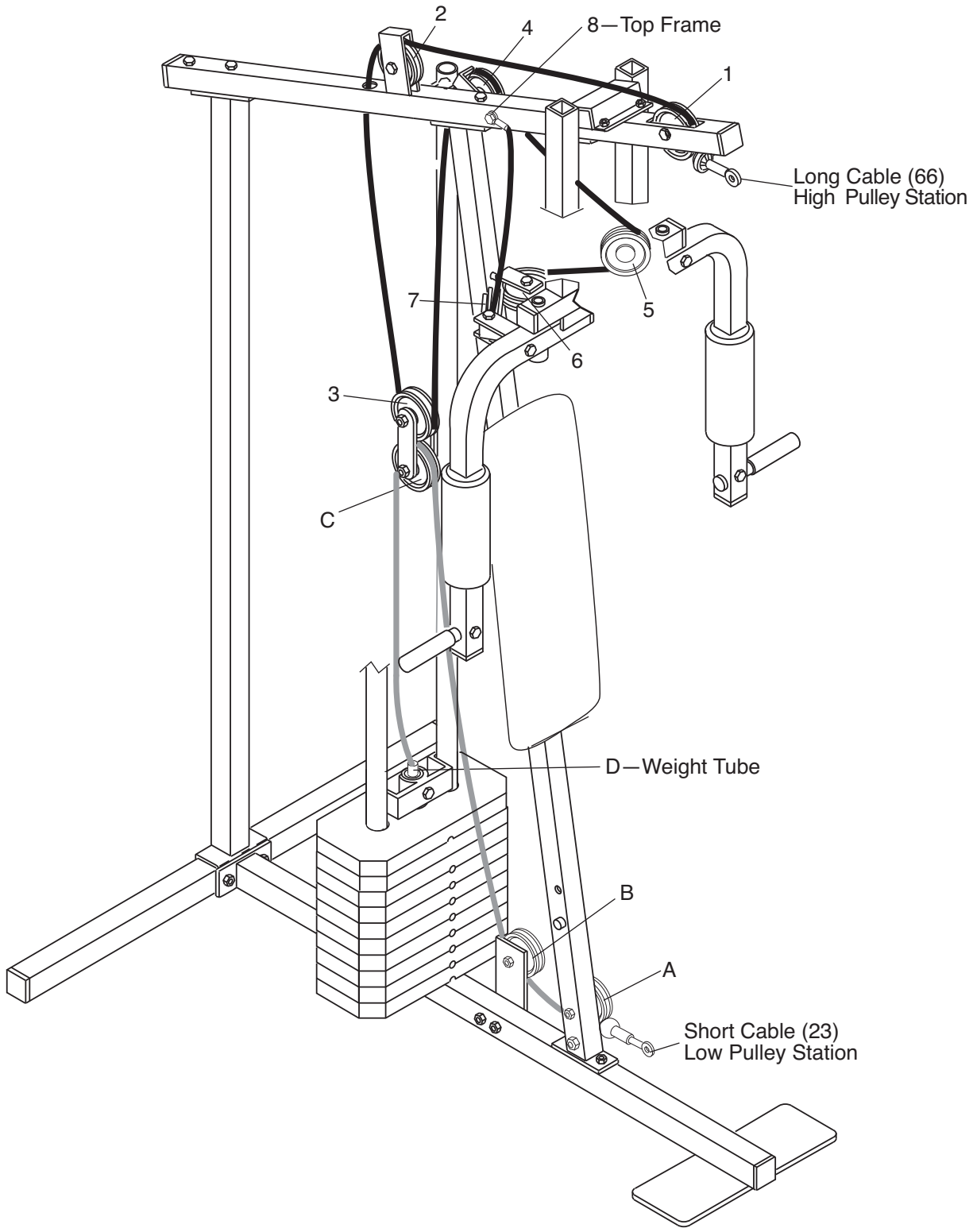


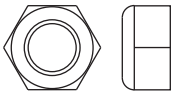
Note: Inspect all cables before each use. If a cable tends to slip off the pulleys often, the cable may have become twisted. Remove the cable and re-install it.

If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual. **Replace all cables every two years.**

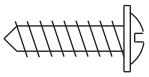
CABLE DIAGRAM

The cable diagram below shows the proper routing of the Short Cable (23) and the Long Cable (66). Use the diagram to make sure that the two cables are assembled correctly. The letters show the routing of the Short Cable; the numbers show the routing of the Long Cable.

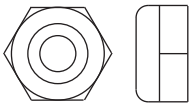




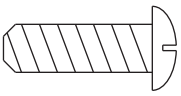
1/4" Nylon Locknut (7)



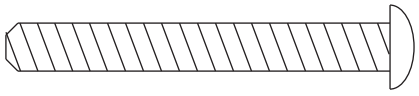
1/2" Tap Screw (6)



5/16" Jam Nut (2)

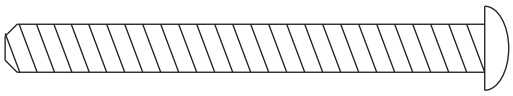


1/4" x 3/4" Screw (18)

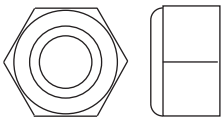


1/4" x 2" Screw (102)

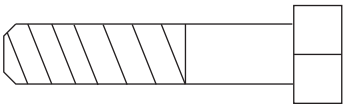
5/16" Nylon Locknut (3)



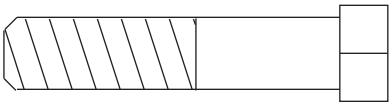
1/4" x 2 1/2" Screw (43)



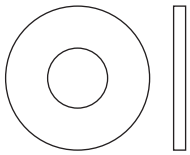
3/8" Nylon Locknut (21)



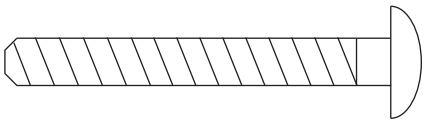
5/16" x 1 1/2" Bolt (24)



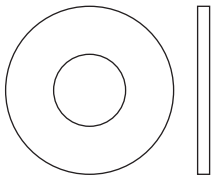
3/8" x 1 3/4" Bolt (48)



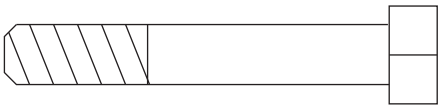
1/4" Flat Washer (10)



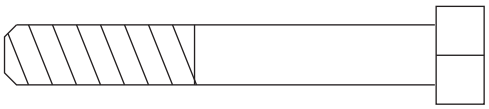
1/4" x 2" Carriage Bolt (38)



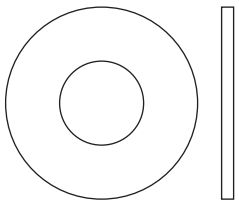
5/16" Flat Washer (8)



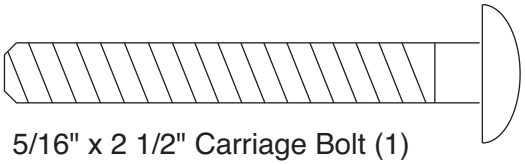
5/16" x 2" Bolt (61)



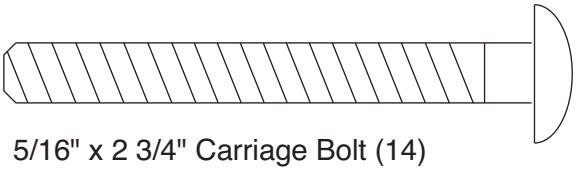
5/16" x 2 1/4" Bolt (33)



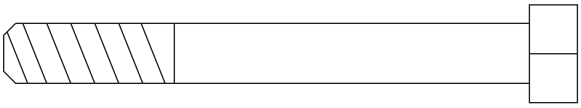
3/8" Flat Washer (9)



5/16" x 2 1/2" Carriage Bolt (1)

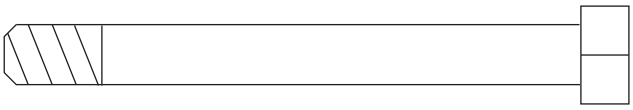


5/16" x 2 3/4" Carriage Bolt (14)

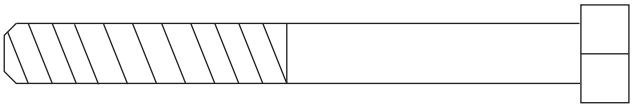


5/16" x 2 3/4" Bolt (11)

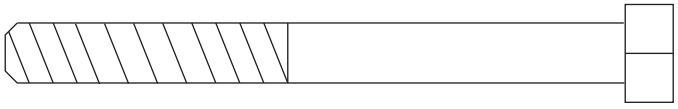
3/8" x 2 3/4" Bolt (70)



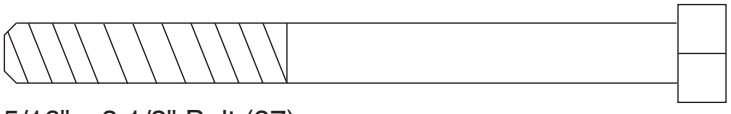
5/16" x 3" Special Thread Bolt (105)



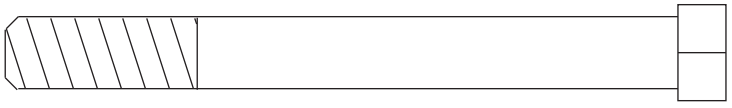
5/16" x 3" Bolt (17)



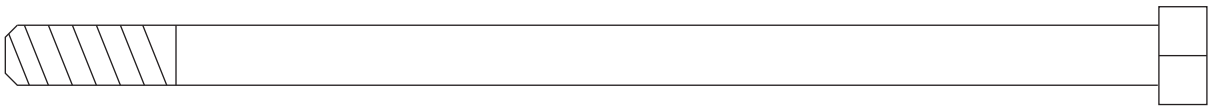
5/16" x 3 1/4" Bolt (35)



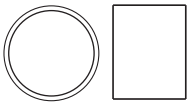
5/16" x 3 1/2" Bolt (87)



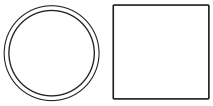
3/8" x 3 1/2" Bolt (16)



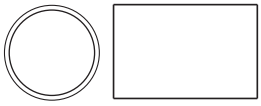
5/16" x 6" Bolt (74)



1/2" x 3/8" Spacer (51)

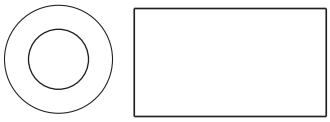


1/2" x 1/2" Spacer (65)

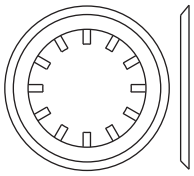


1/2" x 3/4" Spacer (73)

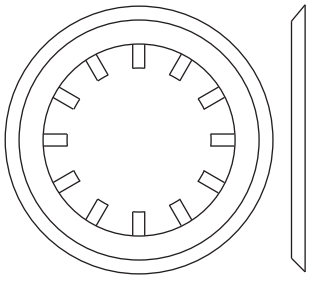
1" Metal Spacer (22)



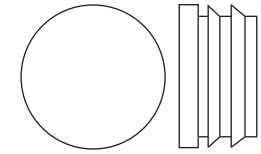
1" Plastic Stop (64)



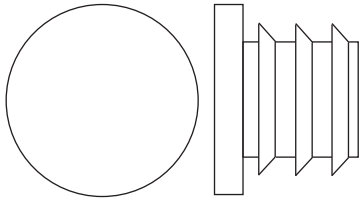
5/8" Retainer (95)



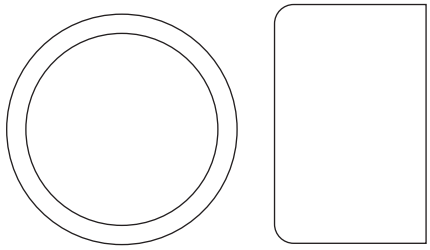
1" Retainer (54)



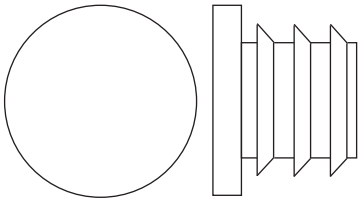
3/4" Round Inner Cap (34)



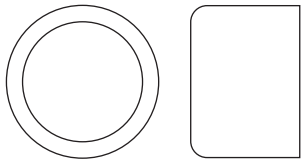
1" Round Inner Cap (49)



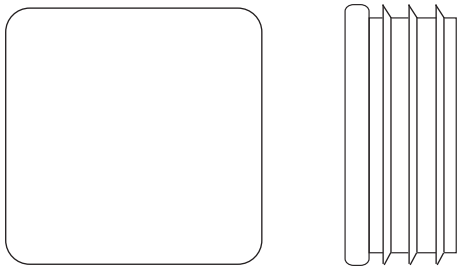
1" Round Cover Cap (55)



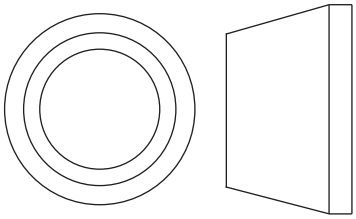
1" Inner Cap (104)



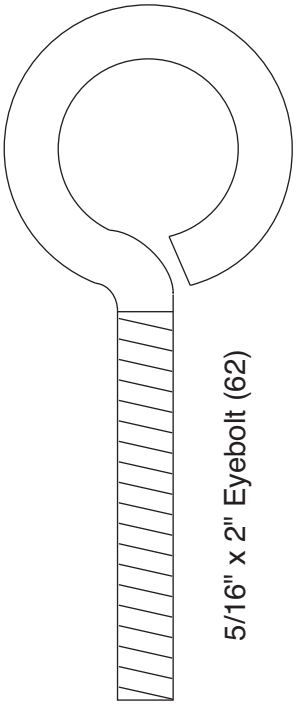
5/8" Round Cover Cap (96)



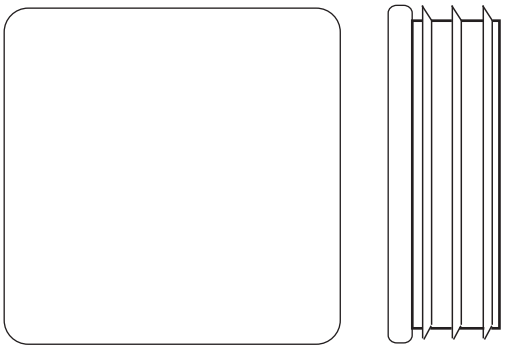
1 1/4" Inner Cap (57)



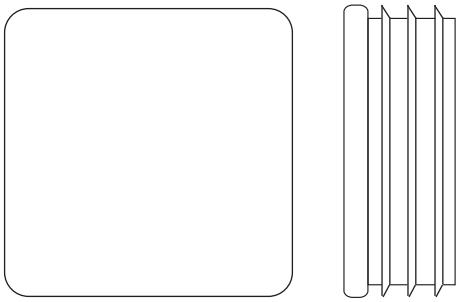
5/8" Spacer (97)



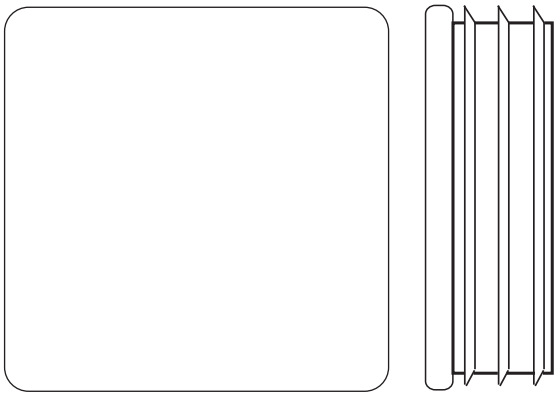
5/16" x 2" Eyebolt (62)



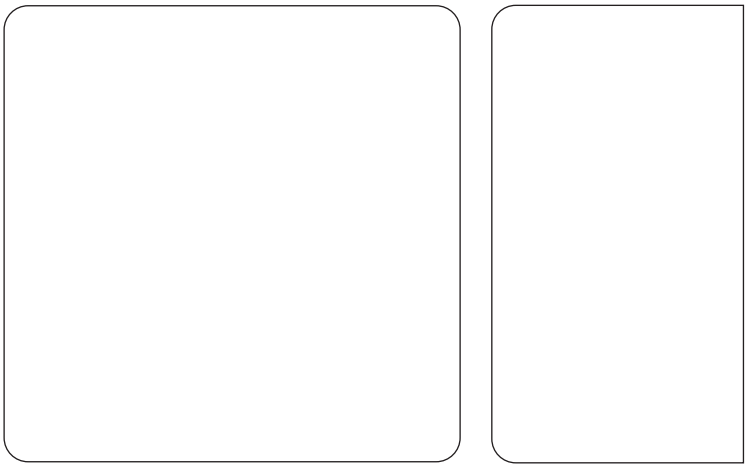
1 3/4" Inner Cap (44)



1 1/2" Inner Cap (32)



2" Inner Cap (27)



2" Outer Cap (88)

PART LIST—Model No. WLEMSY81000

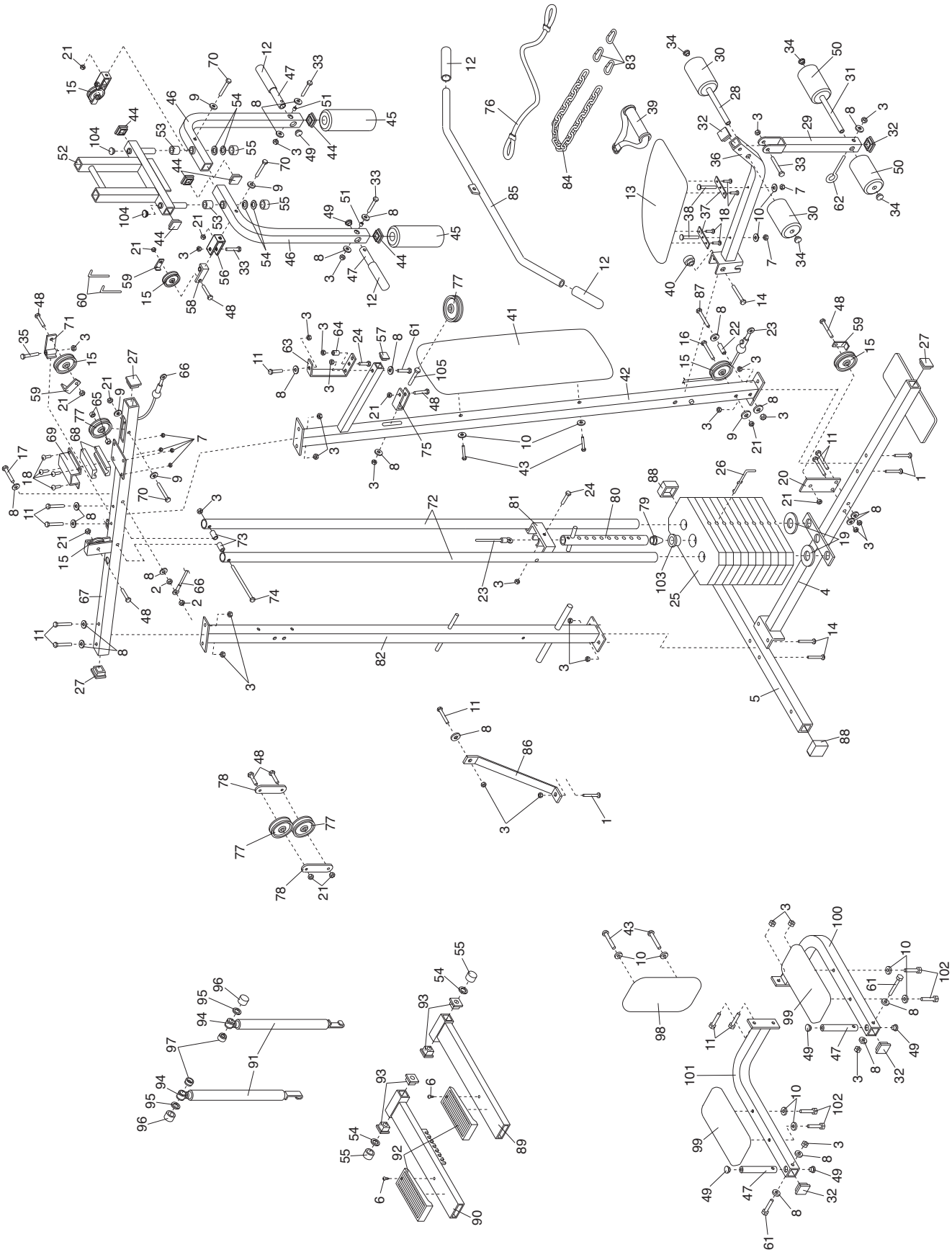
R0401A

Key No.	Qty.	Description
1	3	5/16” x 2 1/2” Carriage Bolt
2	2	5/16” Jam Nut
3	30	5/16” Nylon Locknut
4	1	Base
5	1	Stabiliser
6	2	1/2” Tap Screw
7	6	1/4” Nylon Locknut
8	23	5/16” Flat Washer
9	5	3/8” Flat Washer
10	10	1/4” Flat Washer
11	10	5/16” x 2 3/4” Bolt
12	4	Handgrip
13	1	Seat
14	3	5/16” x 2 3/4” Carriage Bolt
15	6	3 1/2” Pulley
16	1	3/8” x 3 1/2” Bolt
17	1	5/16” x 3” Bolt
18	8	1/4” x 3/4” Screw
19	2	Weight Bumper
20	1	Pulley Plate
21	12	3/8” Nylon Locknut
22	1	1” Metal Spacer
23	1	Short Cable
24	2	5/16” x 1 1/2” Bolt
25	10	Weight
26	1	Weight Pin
27	3	2” Inner Cap
28	1	13 1/2” Pad Tube
29	1	Leg Lever
30	2	6” Pad
31	1	13” Pad Tube
32	4	1 1/2” Inner Cap
33	5	5/16” x 2 1/4” Bolt
34	4	3/4” Round Inner Cap
35	1	5/16” x 3 1/4” Bolt
36	1	Seat Frame
37	2	Seat Plate
38	2	1/4” x 2” Carriage Bolt
39	1	Nylon Strap
40	1	Seat Knob
41	1	Backrest
42	1	Front Upright
43	4	1/4” x 2 1/2” Screw
44	6	1 3/4” Inner Cap
45	2	7” Pad
46	2	Arm
47	4	7” Handle
48	8	3/8” x 1 3/4” Bolt
49	6	1” Round Inner Cap
50	2	5 1/2” Pad
51	2	1/2” x 3/8” Spacer
52	1	Arm Frame
53	2	Plastic Bushing
54	6	1” Retainer
55	4	1” Round Cover Cap
56	2	Large “U” Bracket
57	1	1 1/4” Inner Cap
58	2	Narrow Swivel Bracket
59	4	Cable Trap
60	2	4 1/2” “L” Pin
61	3	5/16” x 2” Bolt
62	1	5/16” x 2” Eyebolt
63	1	Stop Bracket
64	1	1” Plastic Stop
65	2	1/2” x 1/2” Spacer
66	1	Long Cable
67	1	Top Frame
68	2	Arm Frame Bushing
69	1	Arm Frame Bracket
70	3	3/8” x 2 3/4” Bolt
71	1	Wide Swivel Bracket
72	2	Weight Guide
73	2	1/2” x 3/4” Spacer
74	1	5/16” x 6” Bolt
75	1	Adjustment “U” Bracket
76	1	Nylon Rope
77	4	4 1/2” Pulley
78	2	“I” Plate
79	1	Weight Tube Endcap
80	1	Weight Tube
81	1	Weight Guide Bracket
82	1	Rear Upright
83	3	Cable Clip
84	1	Chain
85	1	Lat Bar
86	1	Brace
87	1	5/16” x 3 1/2” Bolt
88	2	2” Outer Cap
89	1	Right Pedal
90	1	Left Pedal
91	2	Resistance Cylinder
92	2	Pedal Cover
93	4	1 1/2” Bushing
94	2	Resistance Cylinder Bushing Set
95	2	5/8” Retainer
96	2	5/8” Round Cover Cap
97	2	5/8” Spacer
98	1	VKR Backrest
99	2	VKR Armrest
100	1	Left VKR Arm
101	1	Right VKR Arm
102	4	1/4” x 2” Screw
103	1	Plastic Flanged Bushing
104	2	1” Inner Cap
105	1	5/16” x 3 1/4” Special Thread Bolt
#	1	User’s Manual

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user’s manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. WLEMSY81000

R0401A



ORDERING REPLACEMENT PARTS

If you encounter any difficulties with this product, or if you need to order replacement parts, contact the ICON Health & Fitness Ltd. office, or write:

ICON Health & Fitness Ltd.
Unit 4
Rivie Road Industrial Estate
Revie Road
Leeds
LS11 8JG

Tel: Country Code:

0345-089009

Fax: 113-241-1120

To help us assist you, please provide the following information when calling or writing:

- The MODEL NUMBER of the product (WLEMSY81000)
- The NAME of the product (WESLO® GYM 3000 training system)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST/EXPLODED DRAWING attached at the centre of this user's manual).

Part No. 171892 R0401A
Printed in Canada © 2001 ICON Health & Fitness, Inc.